

*Life is*



CONNECTING LIVES

*have fun*



*make friends*



*explore your talents*

*learn skills*



*enjoy adventures*

MORE THAN  
**20**  
ACTIVITIES  
AVAILABLE

**DISABILITY SUPPORT GROUPS PROGRAM**  
JULY - DECEMBER 2023

*together*

# THERE'S A GROUP ACTIVITY TO SUIT EVERYONE

## LIFE & COMMUNITY

<b>Collectables' Helpers</b>	Be part of the boutique op shop, Collectables. Help with back-of-shop activities and learn how to select, prepare and present items for display in the shop. Gain real-life retail skills.	Monday 1pm-3pm	Collectables	Free
<b>Deliver It</b>	Get fit and enjoy the fresh air while you deliver pamphlets to neighbourhood letterboxes. Run in conjunction with Darling Downs Pamphlet Delivery. Depart from Hill Street.	Wednesday 1pm-3pm	Various	Free
<b>No Boundaries Mail Run</b>	Collect and deliver mail for local businesses around the CBD in Toowoomba. This is a service co-run by YellowBridge and Big Dog Services.	Monday to Thursday 8am-10am	Various	Free
<b>Meals on Wheels</b>	Volunteer with Meals on Wheels to deliver meals to others in the community.	Monday 10am-1pm	Various	Free
<b>Learn It</b>	Improve your literacy and numeracy skills through fun activities.	Thursday 10am-1pm	Hill Street	Free
<b>Live It Up</b>	Learn and practice important skills for independent living. Cook and share a meal with your group friends and celebrate national days and popular traditions.	Monday 10am - 1pm	Hill Street Hall	\$5

## HEALTH, FITNESS & WELLBEING

<b>Gym Fit</b>	Work towards your personal health goals. Use fitness equipment in the gym or enjoy a swim at Milne Bay pool during the warmer months. Depart from Hill Street.	Tuesday 10am-1pm	Cave Gym, 29 Stephen Street	\$7.50
<b>Happy and Healthy</b>	Join a supportive and friendly group and learn how to be well and healthy.	Tuesday 10am-1pm	Hill Street Hall	\$3
<b>Zoom Online</b>	Connect with others in a safe and supportive online session.	Mon-Thurs 9-10am Fri 9-9.30am	Online	Free
<b>Chill Out</b>	Get ready for the day at Hill Street by setting up and going shopping for supplies.	Monday and Thursday 8-10am	Hill Street Hall	Free

## MUSIC, DANCE & DRAMA

<b>Dance n' Sing</b>	Dance and sing along to your favourite musical tunes. Everyone will have the opportunity to add their favourite songs to the play list. Learn new dance moves each week such as belly dancing, line dancing, hip hop and bush dancing.	Tuesday 1pm-3pm	Hill Street Hall	Free
<b>Karaoke Time</b>	Learn about different musical genres and artists and then let loose with some karaoke tunes.	Thursday 1pm-3pm	Hill Street Hall	Free

## SPORTS & GAMES

<b>Bowling</b>	Join the YB bowling team for a fun game of tenpin bowling that suits all skill levels.	Wednesday 10am-1pm, Friday 1pm-3pm	Sunset Superbowl	\$9
<b>Bingo</b>	Will you be the first to call Bingo? It's the fun and exciting game that everyone can play. Includes afternoon tea and prizes.	Wednesday 1pm-3pm	Hill Street Hall	\$3
<b>Park Sports</b>	Have fun and learn new sports. Enjoy a mix of team and solo sports with something to suit all skills and interests.	Thursday 1pm-3pm	Laurel Bank Park	Free
<b>Games</b>	Do you like Dungeons and Dragons, or would like to learn? Perhaps you like cards or other board games. Learn new games or play your favourites.	Monday 3pm-5pm	Hill Street Hall	Free

## ARTS & CRAFT

<b>Sew Easy</b>	Sewing is a useful skill that anyone can do. Learn how to make a variety of different items using your own material.	Tuesday 1pm-3pm	Hill Street Hall	Free
<b>Scrapbooking</b>	Make your own amazing scrapbook album using photographs, decorative paper and artwork.	Thursday 10am-1pm	Hill Street Hall	\$5

## COOKING

<b>Master Chefs</b>	Have fun in the kitchen cooking up a storm. Learn to read and follow a recipe and how different foods are prepared. Taste and enjoy what you have cooked together.	Monday 1pm-3pm	Hill Street Hall	\$5
<b>Cooking for Purpose</b>	Bake delicious cakes and biscuits for local charities that help people in need.	Thursday 10am-1pm	YB locations	Free
<b>A Plate for a Mate</b>	Select, purchase and prepare a lunchtime meal to share with your group friends.	Friday 10am-1pm	Hill Street Hall	\$5

## NATURE & OUTDOORS

<b>Out and About</b>	Get out and about in the great outdoors! Enjoy a wide range of activities such as golf, fishing, sailing, swimming, bird watching, bushwalking and photography. Suitable for all skill levels. Purchase your own morning tea or lunch.	Friday 10am-3pm	Various	Free
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*Life is better together*



## ABOUT OUR **GROUPS PROGRAM**

The YellowBridge Groups Program is run by our Disability Support Program. It has been thoughtfully designed to provide a wide variety of fun, interesting, stimulating and useful activities that participants can enjoy each week.

Participants can pick and choose which groups they join based on their personal interests and goals. Our program is always evolving to make sure we offer activities that are engaging and relevant. If you have an idea or suggestion for a new or revised group activity, we'd love to hear from you.

## SIGN UP **FOR A GROUP**

Speak to your team leader if you would like to join or change a group.

## COVID **SAFE**

We care about the health and safety of our group participants. Group sizes are small and we practice physical distancing and hand hygiene as part of our COVID Safe Plan.